

November 2015 – Group Exercise Classes				
Salt River Fitness Center & Salt River High School				
Phone: 480-362-7320 (Fitness Center), 480-362-7342 (Diabetes Manager)				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>6:15am-7:00am</u> SPIN & STRENGTH w/Rachel  <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA® w/Annie  <u>6:30pm-7:30pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.	3 <u>6:15am-7:00am</u> SPIN CLASS w/Rachel  <u>9:30am-10:00am</u> YS EEP – Mousercise  <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion  <u>5:30pm-6:30pm</u> 20 LIFT & 30 SPINNING® w/Michelle	4 <u>12:05pm-12:50pm</u> HIIT w/Michelle  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA® w/Rachel  <u>6:35pm – 7:25pm</u> BEGINNER’S YOGA w/Rachel	5 <u>6:15am-7:00am</u> SPINNING® w/Beverly  <u>12:00pm-1:00pm</u> Lecture & Workout Session “BENEFIT OF YOGA” w/Rachel <i>ALL ARE WELCOME TO LEARN</i> <i>HELP participants earn extra 2pts.</i> <b>16 participant limit</b> Call 362-7351 (to sign up)  <u>4:00pm-5:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton	6 <u>12:05pm-12:50pm</u> SPIN CLASS w/Michelle  <u>5:30pm-6:30pm</u> ZUMBA w/Rachel
9 <u>6:15am-7:00am</u> SPIN & STRENGTH w/Rachel  <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.  <b>6:00PM-7:3PM</b> <b>FAMILY ZUMBA PARTY!</b> LEHI COMMUNITY BLG. (1231 E. OAK ST MESA AZ 85203) <i>Everyone is Welcome</i>	10 <u>6:15am-7:00am</u> SPIN CLASS w/Rachel  <u>9:30am-10:00am</u> YS EEP – Mousercise  <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion  <u>5:30pm-6:30pm</u> 20 LIFT & 30 SPINNING® w/Michelle	11  <b>VETERAN’S DAY</b>  <b>SALT RIVER FITNESS CENTER</b>  <b>CLOSED ALL DAY</b>	12 <u>6:15am-7:00am</u> SPINNING® w/Beverly  <u>12:00pm-1:00pm</u> <i>Diabetes Awareness Month</i> <b>ZUMBA @ TWO WATERS</b> w/Rachel  <b>SALT RIVER FITNESS CENTER</b> <b>CLOSING AT 4:00 PM</b> <i>Staff assisting at Health Fair</i> <b>5:00PM – 8:00PM</b> <b>DIABETES AWARENESS MONTH</b> <b>HEALTH FAIR</b> <b>SR COMMUNITY BUILDING</b>	13 <u>12:05pm-12:50pm</u> SPIN CLASS w/Michelle  <u>5:30pm-6:30pm</u> <b>NO CLASS</b>
16 <u>6:15am-7:00am</u> SPIN & STRENGTH w/Rachel  <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA w/Annie  <u>6:30pm-7:30pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.	17 <u>6:15am-7:00am</u> SPIN CLASS w/Rachel  <u>9:30am-10:00am</u> YS EEP – Mousercise  <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion  <u>5:30pm-6:30pm</u> 20 LIFT & 30 SPINNING® w/Michelle	18 <u>12:05pm-12:50pm</u> HIIT w/Michelle  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA® w/Rachel  <u>6:35pm – 7:25pm</u> BEGINNER’S YOGA w/Rachel	19 <u>6:15am-7:00am</u> SPINNING® w/Beverly  <b>11:00am-12:00pm</b> <b>CLOSED</b> <b>HHS STAFF MONTHLY MEETING</b>  <u>12:00pm-1:00pm</u> Lecture & Workout Session “EAT TO FUEL YOUR WORKOUT” <i>ALL ARE WELCOME TO LEARN</i> <i>HELP participants earn extra 2pts.</i> <b>10 participant limit</b> Call 362-7351 (to sign up)  <u>4:00pm-5:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton <u>5:30pm-6:30pm</u> 20 LIFT & 30 SPINNING® w/Michelle	20 <u>12:05pm-12:50pm</u> SPIN CLASS w/Michelle  <u>5:30pm-6:30pm</u> ZUMBA w/Rachel
23 <u>6:15am-7:00am</u> SPIN & STRENGTH w/Rachel  <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA w/Annie  <u>6:30pm-7:30pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.	24 <u>6:15am-7:00am</u> SPIN CLASS w/Rachel  <u>9:30am-10:00am</u> YS EEP – Mousercise  <u>12:05pm-12:50pm</u> TOTAL BODY CONDITIONING w/Dion  <u>5:30pm-6:30pm</u> 20 LIFT & 30 SPINNING® w/Michelle	25 <u>12:05pm-12:50pm</u> HIIT w/Michelle  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> <b>NO CLASS</b>  <u>6:35pm – 7:25pm</u> <b>NO CLASS</b>	26  <b>THANKSGIVING</b>  <b>SALT RIVER FITNESS CENTER</b>  <b>CLOSED ALL DAY</b>	
30 <u>6:15am-7:00am</u> SPIN & STRENGTH w/Rachel  <u>12:05pm-12:50pm</u> CORE FUNCTIONAL TRAINING w/Braxton  <u>2:00pm-3:00pm</u> JTR YOGA (PRIVATE SESSION)  <u>5:30pm-6:30pm</u> ZUMBA w/Annie  <u>6:30pm-7:30pm</u> SENIOR DANCE CLASS 55+ w/Roberta J.	27  <b>SALT RIVER FITNESS CENTER</b>  <b>CLOSED ALL DAY</b>			
<b>SRPMIC Fitness Center Eligibility:</b> SRPMIC Enrolled Community Members, Community Members’ family, Residents, Tribal and Enterprise Employee ( Casino AZ, Talking Stick Resort, Salt River Fields, Landfill, Saddleback, DEVCO, Salt River Material Group, Talking Stick Golf). Red Mountain/Lehi Branch Boys & Girls Club Employee.  All individuals are subject to proof of enrollment, residency, employment or affiliation to SRPMIC. Question or comment: 480-362-7342				

**GROUP EXERCISE CLASS DESCRIPTIONS**

**BEGINNING YOGA:** The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.

**CORE FUNCTIONAL TRAINING:** The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.

**HIIT** (*High Intensity Interval Training*): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

**SENIOR DANCE CLASS 55+:** Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

**SPIN/SPINNING®:** SPINNING® & Schwinn Cycling® certified instructors will take you through a workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories.

- FIRST COM FIRST SERVES! NO RESERVING BIKE.
- 9 BIKES AVAILABLE.
- REMEMBER TO BRING WATER BOTTLE AND TOWEL FOR WORKOUTS!
- WE ENCOURAGE A BASE OF CARDIOVASCULAR EXERCISE OF 3 MONTH PRIOR TO STARTING IN THE INDOOR CYCLING CLASS ALL, INDOOR CYCLING CLASSES WELCOME THE BEGINNER TO ADVANCE RIDERS.

**20 LIFT & 30 SPINNING®:** This class will cooperate weighted/resistance exercises for 20 minutes and 30 minutes of spinning/indoor cycling. Weighted/resistance exercises will be performed off the bike. Reminder that spin/spinning/indoor cycling can an intense workout so we ask that you have at least 3 months of cardiovascular exercise.

**SPIN & STRENGTH:** This class maybe set up as an interval format class which the workout will alternate cycling and weight training or strength (15 minutes) after cycling session (30 minutes). Cycling and weight/resistance/body exercise are incorporated in to the class. Reminder that spin/spinning/indoor cycling can be an intense workout so we ask that you have at least 3 months of cardiovascular exercise.

**TOTAL BODY CONDITIONING** (*TBC*): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. \*Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity.

**ZUMBA®:** Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

**\*\*PRIVATE SESSIONS GROUPS\*\***

**JOURNEY TO RECOVERY YOGA:** This session is for Journey to Recovery clients only. PRIVATE SESSIONS

**YS EEP – MOUSERICE SESSION:** Youth Service’s Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.